

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>January 2024</b></p>	<p><b>1 New Year's Day</b> 9:00 Gentle Yoga w/Lily (Z) 2:00 Mah Jong (CL)</p> <p><b>Happy New Year!!</b></p>	<p><b>2</b> 10:00 <b>Town Hall (Z)</b> 12:00 Moldaw Market 1:00 DT Los Altos / Post Office 1:30 Grief Support Group (PR) 2:30 ACE Committee (MVR) 3:30 Big Movement (CT/SC) 7:00 Scrabble (CL)</p>	<p><b>3</b> 10:15 Strength Training w/ Larry (CL) 10:30 Chef's Forum (FSL) 2:30 Flower Arranging (LL) 3:00 Moldaw Picture Day (MVR)</p>	<p><b>4</b> 11:00 Furry Friends (CL) 11:00 "MindFit" with Deanne Belcher, RN from TheKey (CT) 11:30 ACE Excursion: Japanese American Museum of San Jose 3:30 Big Movement (CT/SC)</p>	<p><b>5</b> 9:00 Breathing Yoga w/Lily (Z) <b>NO Mwezo</b> 10:30 Moldaw Market 11:00 Bike Club 11:00 Chair Yoga with Lily (PR) 1:00 San Antonio Shopping 2:00 Sing Along with Leslie (E3) 5:00 Oneg Shabbat (CT)</p>	<p><b>6</b> Transportation to synagogue available by appointment.</p> <p>10:00 Tech Q&amp;A with Dave Casuto (Z) 11:00 Big Movement (CT/SC) 1:30 Weekend Movie (MT)</p>
<p><b>7</b> Transportation to church available by appointment. 9:45 Walking Club 11:30 Hebrew Café (Z) 2:00 Strength &amp; Vitality (Z) 2:00 Stanford Mall Shopping 3:00 Rummikub (CL)</p>	<p><b>8</b> 9:00 Gentle Yoga w/Lily (Z) 9:30 Gentle Stretch &amp; Tone (CT) 10:00 San Antonio Shopping 10:30 Strong for Life (CT) 1:00 Monologues (MVR) 2:00 Movie &amp; Discussion with Michele: "Rustin" (MR) 2:00 Mah Jong (CL) 3:30 Tai Chi with Jason (CT) 7:00 HaShirim Choir Rehearsal (CT)</p>	<p><b>9</b> 10:00 Dining Committee (Z) 11:00 Time Together: Bingo! (CL) 12:00 Moldaw Market 1:00 Shopping: Marshall's, Banks, Ranch 99, Walgreens, Smart &amp; Final, Nob Hill 2:00 Building &amp; Grounds (Z) 3:30 Big Movement (CT/SC) 7:00 Scrabble (CL)</p>	<p><b>10</b> 9:30 Balance &amp; Fall Prevention (CT) 10:15 Strength Training w/Larry (CL) 10:30 Strong for Life (CT) 10:30 Learn Mandarin w/ Jane Sun (LL) 12:00 Better Together with Hausner (CT) 2:30 Flower Arranging (LL) 3:00 Health Committee (Z) 4:00 Book Club (MVR)</p>	<p><b>11</b> 10:00 ACE Excursion: Monarch Grove at Natural Bridges State Beach &amp; Lunch at Santa Cruz 11:00 "MindFit" with Deanne Belcher, RN from TheKey (CT) 1:30 Matinee (MT) 3:30 Big Movement (CT/SC)</p>	<p><b>12</b> 9:00 Breathing Yoga w/Lily (Z) 9:30 S.A.I.L. w/ Mwezo (CT) 10:30 Moldaw Market 11:00 Bike Club 11:00 Chair Yoga with Lily (PR) 12:00 Bridge with Gloria (CL) 1:00 San Antonio Shopping 1:30 Rabbi Watenmaker, Beth Am (CT) 2:00 Sing Along with Leslie (E3) 5:00 Oneg Shabbat (CT)</p>	<p><b>13</b> Transportation to synagogue available by appointment.</p> <p>11:00 Big Movement (CT/SC) 1:30 Weekend Movie (MT)</p>
<p><b>14</b> Transportation to church available by appointment. 9:45 Walking Club 10:00 Joint Project with Raise the Bar (MVR) 11:30 Hebrew Café (Z) 2:00 Strength &amp; Vitality (Z) 2:00 Nordstrom Rack &amp; Ikea 3:00 Rummikub (CL)</p>	<p><b>15 Martin Luther King Jr. Day</b> 9:00 Gentle Yoga w/Lily (Z) 9:30 Gentle Stretch &amp; Tone (CT) 10:00—12:00 Mitzva Day (MVR) 10:00 San Antonio Shopping 10:30 Strong for Life (CT) 1:00 Short Story (MVR) 1:00-3:00 AWE Open Studio (AS) 2:00 Mah Jong (CL) 3:30 Tai Chi with Jason (CT)</p>	<p><b>16</b> 10:00 Prof. Reno Di Bono (CT) 11:15 Between the Notes (CT) 12:00 Moldaw Market 1:00 Grant Road Shopping 1:30 Discussion about Israel, led by Ann Blick Hamer (PR) 3:30 Big Movement (CT/SC) 7:00 Scrabble (CL)</p>	<p><b>17</b> 9:30 Balance &amp; Fall Prevention (CT) 10:15 Strength Training w/Larry (CL) 10:30 Strong for Life (CT) 10:30 Learn Mandarin w/ Jane Sun (LL) 1:00 &amp; 2:00 Share the Art (J304) 2:30 Private Staff meeting (CT) 2:30 Flower Arranging (LL) 5:30 Mingle at Dinnertime (DR)</p>	<p><b>18</b> 10:00 ACE Excursion: Legion of Honor, SF 11:00 "MindFit" with Deanne Belcher, RN from TheKey (CT) 2:00 Birthday Happy Hour (CT) 3:30 Safety Committee Meeting (LL) 3:30 Big Movement (CT/SC) 7:00 Moldaw Singers (CT)</p>	<p><b>19</b> 9:00 Breathing Yoga w/Lily (Z) 9:30 S.A.I.L. w/ Mwezo (CT) 10:30 Moldaw Market 11:00 Bike Club 11:00 Chair Yoga with Lily (PR) 1:00 San Antonio Shopping 2:00 Sing Along with Leslie (E3) 5:00 Oneg Shabbat (CT)</p>	<p><b>20</b> Transportation to synagogue available by appointment.</p> <p>10:00 In-Person Tech Q&amp;A with Dave Casuto (CT) 11:00 Big Movement (CT/SC) 1:30 Weekend Movie (MT)</p>
<p><b>21</b> Transportation to church available by appointment. 9:45 Walking Club 11:00 &amp; 1:30 Sunday Brunch (DR) 11:30 Hebrew Café (Z) 2:00 Strength &amp; Vitality (Z) 2:00 Stanford Mall Shopping 3:00 Rummikub (CL)</p>	<p><b>22</b> 9:00 Gentle Yoga w/Lily (Z) 9:30 Gentle Stretch &amp; Tone (CT) 9:45 ACE Excursion: Marin Mammal Center, Sausalito 10:00 San Antonio Shopping 10:30 Strong for Life (CT) 1:00 Monologues (MVR) 2:00 Mah Jong (CL) 3:30 Tai Chi with Jason (CT) 7:00 HaShirim Choir Rehearsal (CT)</p>	<p><b>23</b> 10:00 What's on Your Mind? (CT) 11:00 92nd St. Y Livestream Program:: Fashion Icons (CL) 12:00 Moldaw Market 1:00 Costco, Rengstorff Center, Piazza &amp; Library 3:30 Big Movement (CT/SC) 7:00 Scrabble (CL)</p>	<p><b>24</b> 9:30 Balance &amp; Fall Prevention (CT) 10:15 Strength Training w/Larry (CL) 10:30 Strong for Life (CT) 10:30 Learn Mandarin w/ Jane Sun (LL) 12:00 Better Together with Hausner (CT) 1:30 Stories Behind Musicians (CT) 2:30 Flower Arranging (LL) 3:00 Moldaw Picture Day (MVR) 3:30 Time Together: Hot Cider (CT)</p>	<p><b>25 Tu BiShvat</b> 10:00 Budget &amp; Finance (Z) 11:00 "MindFit" with Deanne Belcher, RN from TheKey (CT) 2:00 Paper Crafts with Miriam (AS) 2:30 Low Vision Support Group (CL) 3:30 Big Movement (CT/SC) 7:00 Moldaw Singers (CT)</p>	<p><b>26</b> 9:00 Breathing Yoga w/Lily (Z) 9:30 S.A.I.L. w/ Mwezo (CT) 10:30 Moldaw Market 11:00 Bike Club 11:00 Chair Yoga with Lily (PR) 12:00 Bridge with Gloria (CL) 1:00 San Antonio Shopping 2:00 Sing Along with Leslie (E3) 5:00 Oneg Shabbat (CT)</p>	<p><b>27 International Holocaust Remembrance Day</b> Transportation to synagogue available by appointment.</p> <p>11:00 Big Movement (CT/SC) 12:15 ACE Excursion: SF Ballet 1:30 Weekend Movie (MT)</p>
<p><b>28</b> Transportation to church available by appointment. 9:45 Walking Club 11:30 Hebrew Café (Z) 2:00 Strength &amp; Vitality (Z) 2:00 Nordstrom Rack &amp; Ikea 3:00 Rummikub (CL)</p>	<p><b>29</b> 9:00 Gentle Yoga w/Lily (Z) 9:30 Gentle Stretch &amp; Tone (CT) 10:00 San Antonio Shopping 10:30 Strong for Life (CT) 1:00 Short Story (MVR) 1:00-3:00 AWE Open Studio (AS) 2:00 Mah Jong (CL) 3:30 Tai Chi with Jason (CT)</p>	<p><b>30</b> 12:00 Moldaw Market 1:00 Costco, Rengstorff Center, Piazza &amp; Library 2:00 Rabbi Booth, Kol Emeth (CT) 3:30 Big Movement (CT/SC) 7:00 Scrabble (CL)</p>	<p><b>31</b> 9:30 Balance &amp; Fall Prevention (CT) 10:15 Strength Training w/Larry (CL) 10:30 Strong for Life (CT) 10:30 Learn Mandarin w/ Jane Sun (LL) 1:15 ACE Excursion: TheatreWorks 2:30 Flower Arranging (LL)</p>			